

November 2011 Urbana Senior Center Meal Menu

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www.FrederickCountyMD.gov/doa

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>The meal is served at Noon. Reservations must be made at least 48 hours in advance. \$4.80 per person per meal. Milk, juice, coffee, and tea, and bread are available each day. Menus are subject to change.</p>				
October 31 Mixed Salad Greens Beef Stew Roasted Squash Peaches with Cranberries	1 Country Fried Steak Mashed Potatoes Sage Stuffing Southern Green Beans Mandarin Oranges	2 Spinach Salad BBQ Ribs Baked Sweet Potatoes Lima Beans with Tomatoes Diced Fresh Fruit	3 Chicken Pasta Casserole Peas Stewed Tomatoes Peaches	Nov. 4 Center is Closed
7 Cucumber Salad BBQ Pork on Roll Baked Beans Braised Cabbage Peach Slices	8 Spaghetti with Meat Sauce Garlic Bread Steamed Asparagus Beets Fruit Cocktail	9 Vegetable Tomato Soup Mushroom Quiche Carrots Pineapple Chunks	10 Pickled Beet Salad Lemon Dill Cod Cakes Red Beans and Rice Mixed Vegetables Diced Fresh Fruit	11 Center is Closed
14 Four Bean Soup Rosemary Chicken Linguini Steamed Kale Ambrosia	15 Caesar Salad Rigatoni with Mushroom Capri Blend Vegetables Pears	16 Brunch: Omelet Bar Omelets made to order Other Brunch Items	17 Tossed Salad Florentine Chicken Baked Beans Zucchini Diced Fresh Fruit	18 Center is Closed
21 Turkey Vegetable Soup Cuban Pork Roast Steamed Rice Lima Beans Diced Fresh Fruit	22 Mixed Salad Greens Lasagna Vegetable Cauliflower Pear Halves	23 Roast Turkey Mashed Sweet Potatoes Sauerkraut Mélange of Vegetables Mandarin Oranges	24 Center is closed Enjoy the holiday!	25 Center is Closed
28 Tomato Cucumber Salad BBQ Chicken on Roll Five Cheese Macaroni Roasted Zucchini Mandarin Oranges	29 Turkey Chili Cornbread Peas Carrots Applesauce	30 Cabbage & Bean Soup Corn & Barley Salad Beef Brisket with Gravy Mashed Potatoes Winter Vegetables Diced Fresh Fruit	December 1 Spinach Salad Hawaiian Glazed Ham Roasted Sweet Potatoes Green Beans Applesauce	December 2 Center is Closed